

Daily Affirmations- June 2015

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Monday, June 1st I only have one life. I am determined to enjoy it. I choose not to give in to the pain, not to suffer.

Tues., June 2nd When you hit rock bottom, there is no place to go but up!

Wed. June, 3rd I'm not where I want to be but I'm better than I was yesterday.

Thurs. June 4th You can do it. I know you can.

Friday, June 5th Life is what I make it. I am doing it the right way.

Sat., June 6th And this too shall pass.

Sunday, June 7th With faith, hope and ambition, I can achieve anything.

Monday, June 8th Positive energy creates elevation.

Tues., June 9th Let your light shine bright.

Wed., June 10 Sometimes you have to fall to get back up. Relapse is not failure; just a chance to get it right the next time

Thurs., June 11th Don't dwell on the mistakes of yesterday or today. Tomorrow is a new day.

Fri., June 12th I strive to be other-centered; thinking of others more than of myself.

Sat., June 13th If you live in a glass house do not throw stones

Sunday, June 14th Believe that a power greater than ourselves can restore us to sanity. Have faith in God.

Mon. June 15th I speak kindly of others

Tuesday, June 16th "Relax, I've got this" - God

Wed., June 17th Rise and shine! The early bird gets the worm.

Thurs., June 18th I respect the property and rights of others.

Fri., June 19th Keep it simple.

Sat., June 20th I affirm my sobriety & happiness. No one can take these from me.

Sunday, June 21st Do always unto the least of these as you'd have done unto you.

Mon., June 22nd We all help each other to accomplish goals.

Tues., June 23rd All things wicked and guilty start with innocence

Wed., June 24th Live life with no regrets. Take every lesson and learn from it.

Thurs., June 25th H.A.L.T.: Never get too hungry, angry, lonely or tired.

Friday, June 26th Practice self-kindness.

Sat., June 27th Live, Learn. Love.

Sun., June 28th Every sinner has a future.

Monday, June 29th Lead your heart to good things and people. Don't succumb to "feel good" things.

Tues., June 30th If you always do what you've always done, you'll always get what you've always got !

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.

"We Rise by Lifting Others" – Robert Ingersoll